

# Register Today For The 2nd Annual Labrix Advanced Workshop

## Prescription Hugs

Twitterpated, love-struck, enamored, smitten...whatever you choose to call it, love is in the air this Valentine's Day. The tradition of sending Valentine's cards to express sentiments to loved ones has been around for centuries, gaining popularity in the 1700's and becoming commercialized and tracked in the early 1800's. Today, there are approximately 144 million Valentine's Day cards exchanged, not including kids' classroom hand-outs. As you give and receive your Valentine's Day wishes this year, take note of that lovin' feeling as it has more benefit than you may realize.

Love doesn't just make us feel better, but actually reduces stress in a measurable way! A study published this past December demonstrated that love has a buffering effect on the nervous system and people in love have an attenuated stress response compared to those who are single. Stress heightens autonomic reactivity resulting in increased heart rate, blood pressure and quickened respiration. The study measured respiratory sinus arrhythmia (RSA) to emotionally neutral, negative and positive films. Comparison of the RSA among singles & new lovers (within 2.5 months of a new relationship) demonstrated considerable differences. While singles watching emotionally negative films showed a marked decrease in RSA, no such decrease was seen in new lovers, demonstrating optimal vagal regulation during the period of falling in love.

Another article by a psychiatry professor at Harvard Medical School explores the importance of positive emotions that involve human connectedness, and their role in stimulating the parasympathetic nervous system. One of the important neurochemical factors involved in the bonding process is oxytocin, which not only mediates a connection between an infant and mother during breast feeding or two lovers during orgasm, but also reduces cortisol levels and blood pressure and promotes growth and healing. This is an area of growing research as one of the primary mechanisms underlying the observed reduction in stress associated with love.

Whether or not Cupid struck you with his arrow this Valentine's Day, the many benefits of love, kindness and relationships give reminder to celebrate those we care for throughout the year and indicate that in addition to a healthy balanced diet, regular exercise and applicable medications or supplements we may want to prescribe a hug or two.

## Resources

1. Schneiderman, et. al. Love alters autonomic reactivity to emotions. *Emotion*. 2011 Dec; 11 (6): 1314-21
2. Vaillant GE. The neuroendocrine system and stress, emotions, thoughts and feelings. *Mens Sana Monog*. 2011 Jan;9(1):113-28.
3. Uvnas Moberg K. The Oxytocin Factor. Cambridge, MA: DeCapo Press; 2003.
4. Magon N, Kalra S. The orgasmic history of oxytocin: Love, lust and labor. *Indian J Endocrin Metab*. 2011 Sept; 15(3):S156-S161.

## Crack Your Complex Cases.

### February 25th-26th is the 2nd Annual Labrix Advanced Workshop

The curriculum is designed for practitioners experienced at working with hormone imbalances who are looking for more: more background knowledge in hormone function, more advanced treatment protocols and more complex case studies. Labrix founders and clinicians Dr. Lommen and Dr. Mead are joined by experienced practitioners with both breadth and depth working in the field of endocrine function.

Limited to 40 seats for advanced practitioners in hormone balancing...we encourage you to check out the website ([www.labrix.com](http://www.labrix.com)) for further details about the schedule and workshop location.

## Webinars



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### At the 2nd Annual Labrix Advanced Workshop

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